

In the Claims:

Please add the following Claims.

17. A method for extracting a tissue sample from a desired site, the method comprising the steps of:
- piercing tissue with an instrument, the instrument comprising an outer hollow cannula and an inner member having a distal end portion, the inner member at least partially disposed within the hollow cannula;
 - positioning the hollow cannula within the tissue at a desired tissue site;
 - actuating a first mechanism associated with the instrument to move the distal end portion of the inner member distally, relative to the outer hollow cannula, so that the distal end portion expands radially and engages a tissue sample to be extracted;
 - actuating a second mechanism associated with the instrument to move the outer hollow cannula distally, relative to the distal end portion, to radially retract the distal end portion; and
 - withdrawing the instrument, with the tissue sample, from the tissue.
18. The method of Claim 17 wherein the outer hollow cannula comprises an end portion capable of piercing tissue.
19. The method of Claim 17 wherein the distal portion of the inner member comprises a pair of jaws adapted to grasp a tissue sample.
20. The method of Claim 17 wherein the distal portion of the inner member comprises a plurality of hooked extractors.
21. The method of Claim 17 wherein the first mechanism comprises a spring.
22. The method of Claim 17 wherein the second mechanism comprises a spring.